

Terry Fair
10/4/13
Diet and Nutrition

Wmst is promoting health and wellness because we have all of these new sports to offer. By us having these various sports more people can get into shape. We have volleyball and baseball for the first time ever. In the 11th grade I took health and p.e. We went outside every Thursday and Friday to play different sports. Our health teacher helped us do many different projects showing us what things are and aren't healthy. For example we did a project with different types of drinks. We looked on the bottle and saw how much sugar was in them. Once we found out we put the amount in the bottle. This made me stop drinking most of the juices that I usually would drink. At lunch they turned the vending machines off so that people can't eat all of the unhealthy things that we eat. Throughout all of the four years that I have went to Wmst they have showed me the healthy path to life and have also showed me how to take care of my body. Your health is your wealth.